

# Community Education Service



*Improving emotional health and well being*

## ***Managing Productive Struggle: Building confidence and resilience in the face of challenge!***

**Nicola Doughty**  
Registered Clinical Counsellor - BCACC

This is a lively and informative presentation exploring how you can support your child when they are experiencing the frustration, stress, and anxiety that comes from tackling challenges. Whether it be social, emotional, or academic concerns, parents will learn how to align and guide their children, thereby increasing their sense of agency and building confidence.

**This presentation will explore the concept of power, brain development in children and what it means for parents as children pass through the various stages of growing up.**

Avoiding the traps of becoming a helicopter or snowplow parent, parents can feel more in tune with their values and parenting style when they know they are engaging practical strategies that promote positive growth. There will be ample opportunities for questions throughout the presentation.

**Wednesday April 12 2023**  
**6:30 PM**

[Click here  
to register](#)

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[online](#)

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This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & [Nicola Doughty Counselling](#)

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